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Review Article

CONCEPTUAL REVIEW ON EFFICACY OF *VISHA TAILA* IN THE MANAGEMENT OF *VICHARCHIKA*

Archana Sharma[1]*, Hemlata Dixit[2], P.L. Sharma[3], Gajendra Singh[1]
*[1]PG Scholar, [2]Lecturer, [3]Professor & HOD, PG Department of Agad Tantra Avum Vidhi Vaidyaka, Madan Mohan Malviya Govt. Ayurved College, Udaipur (Raj.), India.

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ABSTRACT

Vicharchika (eczema), classified as *Kshudra Kustha* in Ayurveda, is a chronic skin disorder characterized by itching *(Kandu*), redness (*Raga*), discharge (*Srava*), and scaling (*Pidika*). The study explores the conceptual framework of treating *Vicharchika* through the application of *Visha Tail*, a polyherbal formulation. The formulation integrates potent herbs such as *Tagar, Kaner, Vacha, Kustha, Aparajita, Manjistha, Haldi, Daruharidra, Arka, Vatsanabh, Gomutra, Sarshap, Chameli, Raktachandan, Nirgundi,* and *Saptaparna.* Each herb possesses specific properties such as anti-inflammatory, antimicrobial, detoxifying, and blood-purifying effects. This synergistic approach targets the root cause by balancing aggravated *Kapha* and *Pitta Doshas,* alleviating symptoms, and promoting skin healing. The study concludes that *Visha Taila* offers a holistic and effective Ayurvedic intervention for managing *Vicharchika*, though clinical validation and standardization remain essential.

INTRODUCTION

Vicharchika is a condition described in *Ayurvedic* texts, characterized by distinct pathological changes in the skin. The prevalence of *Vicharchika* estimated 31.6 million people in the U.S. met the empirical symptoms criteria of eczema, and 17.8 million met the empirical criteria for atopic dermatitis[1].

The term is deeply rooted in Sanskrit etymology, as explained in authoritative lexicons like *Shabdakalpadruma.*

The defining features of *Vicharchika* include:

1. Cracking of the skin (*Tvak Vidarana*)- Most notably on the hands and feet.
2. Specific skin coatings or coverings, often forming in a pattern indicative of the disease's progression.

The etymology of the word is derived from the Sanskrit phrase:

"*Visheshena care-ayate padasya Tvak vidaryate Anaya iti Vicharchika*"

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This means

"A condition that causes significant movement or displacement (care-ayate) of the skin, leading to distinct cracking or splitting (*Vidaryate),* especially on the feet."

This definition underscores the clinical presentation and unique characteristics of *Vicharchika,* aligning with the Ayurvedic perspective of skin disorders (*Kushtha rogas*). Definition in Ayurveda:

"Vicharchika is a type of *Kushtha* characterized by *Kandu* (intense itching), *Srava* (discharge), *Pidaka* (vesicular eruptions), and *Rookshata* (dryness or roughness)."

Key Features

Kandu: Excessive itching

Pidaka: Papular or vesicular eruptions on the skin.

Shyava Varna: Discoloration, often blackish or dark patches.

Srava: Oozing or wetness due to discharge[2].

Rukshata: Dryness, leading to cracking and flaking of the skin.

Daha (Burning sensation): A burning or stinging sensation in the lesions may occur due to *Pitta* aggravation [3].

Krishnata (Hyper-pigmentation): Long-standing lesions may result in hyper-pigmentation.

Vicharchika, often compared to eczema in modern dermatology, presents with specific symptoms according to Ayurvedic texts. These symptoms result from the vitiation of the *Doshas*, especially *Kapha,* along with *Rakta* and *Pitta* involvement.

Other features may include *Rakta* discoloration, swelling (*Mamsa Upachaya*), and excessive moisture or stickiness (*Prakilanna).*

Types of *Vicharchika*

The features of *Vicharchika* can be categorized as follows:

1. *Sravi Vicharchika*: Characterized by excessive oozing or discharge.
2. *Rooksha Vicharchika*: Marked by dryness and roughness of the skin.

Eczema treatments in modern medicine are generally effective at managing symptoms, but they do come with certain drawbacks. These limitations can vary depending on the type of treatment and the individual's response to it.

Limitation of modern medicine

Topical steroid[4] uses can causes skin thinning, burning itching, discolouration. Use of immune-suppresive[5] medication causes suppression of immune system long term use causes potential organ damage. Biological therapies[6] are expensive, pain, swelling. Rest treatments provide temporary relief.

Here in *Vicharchika* the patients are treated by *Visha taila* which has taken from *Chikitsaarnav Kustharogadhikar*. This drug has the potency to cure eczema by its anti-bacterial, anti-microbial, wound healing property.

AIM and OBJECTIVE

1. To study the concept of *Taila kalpana* in *Kushtha* and conceptual study of effect of *Visha Taila* in management of *Vicharchika.*
2. To assess the efficacy of *Visha Taila* as a *Shamana Sneha*.
3. To evaluate the remission of the symptoms of *Vicharchika*/atopic dermatitis in patient treated with *Visha taila.*

MATERIAL AND METHOD

Method of Preparation

***Vish Tail*[7]**

Take half a part of the following ingredients*:* jasmine leaves, tagar, oleander root*, Manjistha, Aprajita, Kuth,* turmeric*, Vacharcha, Daruhaldi,* red sandalwood*, Nirgundi* leaves*, Manjisthi*, milk of the ark plant, and bark of the *Sapthaparna*. Additionally, take one part of purified *Vatsanabha.* Prepare a paste (*Kalka)* from these ingredients. Then, mix this paste with one *Prastha* (approximately 960ml) of mustard oil and four times the amount of cow urine. Prepare this mixture by cooking it as per the prescribed method.

This prepared oil effectively heals various types of wounds and ailments caused by poison, such as swelling, scabies, itching, cysts, ulcers, blisters, and sores resulting from poisoning. It provides quick relief when applied.

Posology

Drug	Route of administration	Time of administration	Dose
Visha taila	Local application	Twice a day	As per required

Contents and properties of *Visha taila*

S.No.	Name of Drug	Latin name	Ras Panchak	Chemical composition
1	*Tagar*[8]	*Valeriana Wallichii*	*Rasa*: Bitter (*Tikta*), pungent (*Katu),* and slightly sweet (*Madhura)*. *Guna*: Light *(Laghu*), dry (*Ruksha).* *Virya:* Heating *(Ushna)* *Vipaka*: Pungent *(Katu)* *Prabhava*: Acts as a sedative and relaxant; effective for calming the mind and promoting sleep. *Karma*: *Tagar* (*Valeriana wallichii*) cures *Vicharchika* through its *Kushtaghna* (anti-skin disease), *Raktashodhaka* (blood-purifying), and *Kapha pitta*-balancing properties.	*Tagar*[9] contains. a) Valepotriates contribute to sedative and anxiolytic effect of tagar. b) Alkaloids- Actinidine Chatinine Valerianine c) Sesquiterpenes known for calming effect and anti-inflammatory properties d) Flavonoids- Antioxidant compound that provide additional health benefit e) Other components- Starch, resins, tannins

2	*Kaner*[10]	*Nerium oleander*	*Rasa* (Taste): *Kaner* is generally considered bitter (*Tikta)* and pungent (*Katu*). *Guna* (Quality): It is considered light (*Laghu*) and dry (*Ruksha*). *Veerya* (Potency): The potency of *Kaner i*s hot (*Ushna*). *Vipaka* (Post-digestive effect): It likely has a pungent (*Katu*) post-digestive effect. *Prabhava* (Specific action): *Kaner i*s used for its purgative and detoxifying effects. *Karma- Kaner* (*Nerium indicum*) treats *Vicharchika* (eczema) in Ayurveda through its *Kushtaghna* (anti-skin (*Valeriana wallichii*) disease), *Krumighna* (antimicrobial), and *Raktashodhak* (blood-purifying) properties. These helps balance aggravated *Kapha* and *Pitta doshas*, reduce inflammation, and cleanse the skin.	*Kaner*[11] contains a) Cardiac glycosides- Oleandrin Anti cancerous Anti-inflammatory, Anti-viral Neriin, Digitoxigenin, Gitoxigenin May have cardiotonic effects b) Flavonoids- Anti-inflammatory c) Saponins- Antimicrobial, immunomodulatory d) Tannins Astringent properties that help in wound healing and controlling bleeding.
3	*Manjishta*[12]	*Rubia cordifolia*	*Rasa* (taste): Bitter (*Tikta*), astringent (*Kashaya*), and sweet (*Madhura)*. *Guna* (qualities): Heavy (*Guru*), dry (*Ruksha*). *Virya* (potency): Cooling *(Shita*) *Vipaka* (Post-digestive effect): Sweet (*Madhura)*. *Prabhava* (Specific action): Excellent blood purifier, useful in treating skin disorders, and balancing *Pitta*. *Karma- Manjistha* (*Rubia cordifolia*): *Raktashodhak, Pittashamak* – Purifies blood and alleviates *Pitta* disorders	*Manjishta*[13] contains. a) Anthraquinones Rubiadin, Purpurin, Munjistin Alizarin, Lucidin Works as antibacterial and antifungal properties, antioxidant effects, protecting cells from damage. b) Iridoids Deoxyloganic acid, Morindin Works as anti-inflammatory Immune modulating properties, c) Glycosides Ruberythric acid- Works as skin health and wound healing Anti-inflammatory and anti-microbial effects quercetin d) Phenolic compounds Tannins- Its astringent properties that aid in wound healing. Anti-oxidant and detoxifying properties e) Flavonoids and related compounds anti-inflammatory antioxidant effects promotes skin health. f) Alkaloid

4	*Aparajita*[14]	*Clitoria ternatea*	*Rasa* (Taste): Bitter (*Tikta*) and astringent (*Kashaya)*. *Guna* (Qualities): Light (*Laghu)* and dry (*Ruksha)*. *Virya* (Potency): Cooling (*Shita)*. *Vipaka* (Post-digestive effect): Pungent (*Katu).* *Prabhava* (Specific action): Enhances memory, intellect, and immunity; useful in mental health and neurological disorders. *Karma- Aparajita* (*Clitoria ternatea*): *Pittashamak, Krimighna* – Reduces *Pitta* and inflammation	*Aparajita*[15] contains a) Flavonoids Kaempferol, Quercetin Works as potent antioxidant that neutralize free radical. Anti-inflammatory and immune boosting properties. b) Anthocyanins Delphinidin (e.g. ternatin pigments). Antioxidant and anti-inflammatory effects promote skin health and slow aging. Enhances brain function and memory. c) Alkaloids calming and anxiolytic effects
5	*Kustha*[16]	*Sassurea lappa*	*Rasa* (Taste): Pungent (*Katu*) and bitter (*Tikta).* *Guna (*Qualities): Light (*Laghu*) and dry *(Ruksha*). *Virya* (Potency): Heating (*Ushna*). *Vipaka* (Post-digestive effect): Pungent (*Katu*). *Prabhava* (Specific action): Acts as an anti-inflammatory, and helps in respiratory and skin diseases. *Karma-Kustha (Saussurea lappa): Kushtaghna, Raktashodhak* – Detoxifies blood and treats skin diseases.	*Kusth*[17] contains a) Sesquterpene lactones costunolide Dehydrocostuslactone Works as anti-inflammatory and analgesic. Anticancer and anti-microbial effects b) Essential oils Beta caryophyllene Caryophyllene oxide Alpha pinene Beta eudesmol Works as anti-microbial, anti-fungal and antioxidant activities. Relieves respiratory congestion c) Alkaloid Mild sedative and anti-inflammatory effect. Supportive in pain management. d) Inulin Works as prebiotic benefits for gut health. Helps regulate blood sugar levels. e) Tannins Astringent properties help in wound healing. Antimicrobial and digestive benefits.
6	*Haldi*[18]	*Curcuma longa*	*Rasa* (Taste): Bitter (*Tikta),* pungent (*Katu*) *Guna* (Qualities): Light (*Laghu)* dry (*Ruksha)* *Virya* (Potency): Heating (*Ushna)*	*Haldi*[19] contains a) Curcuminoids potent anti-inflammatory and anti-oxidant, anti-cancer, anti-microbial and neuroprotective

			*Vipaka (*Post-digestive Effect): Pungent (*Katu*) *Prabhava* (Specific Action): Anti-inflammatory; enhances complexion; supports wound healing. *Karma- Haldi (Curcuma longa): Vranashodhak, Kushtaghna-* Anti-inflammatory and heals skin lesion.	effects b) Polysaccharides Ukonan A, B, C Works as immune boosting and anti-inflammatory supports gut health.
7	*Vacha*[20]	*Acorus calamus*	*Rasa* (Taste): Bitter (*Tikta)* pungent *(Katu)* *Guna* (Qualities): Light (*Laghu*) sharp (*Tikshna*) *Virya* (Potency): Heating (*Ushna*) *Vipaka* (Post-digestive Effect): Pungent (*Katu)* *Prabhava* (Specific action): Enhances speech and memory; used in treating respiratory disorders. *Karma-Vacha (Acorus calamus): Kaphahara, Deepana, Kustaghna* - Balances *Kapha* and promotes skin health	*Vacha*[21] contains a) Volatile oils Alpha asarone and Beta Asarone Eugenol Camphene Methyleugenol b) Alkaloids c) Glycosides d) Tannins e) Sesquiterpenes: Calamenene f) Phenols g) Flavonoids h) Saponins i) Starch and Mucilage
8	*Daruhaldi*[22]	*Berberis aristata*	*Rasa* (Taste): Bitter (*Tikta),* astringent (*Kashaya)* *Guna (*Qualities): Light *(Laghu),* dry *(Ruksha*) *Virya* (Potency): Cooling (*Shita)* *Vipaka* (Post-digestive Effect): Pungent (*Katu*) *Prabhava* (Specific Action): Effective in treating skin disorders, jaundice, and as a blood purifier. *Karma- Daruharidra (Berberis aristata): Pittashamak, Kushtaghna,* Balances *Pitta* and purifies the blood.	*Daruhaldi*[23] contains a) Alkaloids Berberine, Palmatine, Jatrorrhizome, Columbamine, Berbamine b) Flavonoids c) Tannins d) Phenolic compound e) Saponins f) Resins g) Organic acids: Citric acid, Malic acid
9	*Raktchandan*[24]	*Pterocarpus santalinus*	*Rasa* (Taste): Bitter (*Tikta*), sweet (*Madhura)* *Guna* (Qualities): Light (*Laghu*), dry (*Ruksha*) *Virya* (Potency): Cooling (*Shita*) *Vipaka* (Post-digestive Effect): Sweet (*Madhura*) *Prabhava* (Specific Action): Used in treating skin ailments, reducing burning sensations, and as a blood purifier. *Karma- Raktachandan* (*Pterocarpus Santalinus*): *Pitta shamak, Varnya* –	*Raktchandan*[25] contains a) Phenolic compounds Pterostilbene, Pterosupin b) Flavonoids Naringenin, Quercetin c) Tannins d) Santalins e) Isoflavones f) Glycosides g) Ligans h) Sterols beta-sitosterol

			Cools and soothes irritated skin	i) Resins
10	*Nirgundi*[26]	*Vitex nigundo*	*Rasa* (Taste): Bitter (*Tikta*), pungent (*Katu*) *Guna* (Qualities): Light (*Laghu),* dry *(Ruksha)* *Virya* (Potency): Heating (*Ushna)* *Vipaka* (Post-digestive Effect): Pungent (*Katu*) *Prabhava* (Specific Action): Anti-inflammatory; effective in managing pain and swelling, especially in arthritis. *Karma. Nirgundi* (Vitex negundo): *Kustaghna, Shothahara* – Reduces inflammation and heals skin issues.	*Nirgundi*[27] contains a) Flavonoids Vitexin, Isovitexin b) Alkaloids Nishindine, Vitedoamine c) Terpenoids Sabinene, Limonene d) Essential oils Caryophyllene Terpinen-4-ol e) Tannins f) Steroids g) Iridoid glycosides
11	*Chameli*[28]	*Jasminum sambac*	1. *Rasa* (Taste): Predominantly bitter (*Tikta*) and astringent (*Kashaya).* 2*. Guna* (Qualities): Light (*Laghu*) and dry (*Ruksha*). 3*. Virya* (Potency): Cooling (*Shita)* in nature. 4.*Vipaka* (Post-digestive effect): Pungent (*Katu*). 5. *Prabhava* (Specific action): Known for its anti-inflammatory, analgesic, and antipyretic effects. It also helps in managing skin disorders, used in treating ulcer and acts as a calming agent for the mind. *Karma. Chameli* (Jasminum officinale): *Raktashodhak, Pittashamak* – Blood purifying and reduces inflammation.	*Chameli*[29] contains a) Essential oils Linalool Sedative and calming effects helps reduce anxiety and stress Antimicrobial properties Benzyl acetate Anti inflammatory and soothing properties b) Flavonoids Quercetin Potent antioxidant that helps reduce oxidative stress c) Tannins- Wound healing and skin tightening d) Alkaloids- Known for anti-microbial, immune-modulating, and anti-inflammatory properties.
12	*Arka*[30]	*Calotropis gigantean*	*Rasa* (Taste): Bitter (*Tikta*), pungent (*Katu*) *Guna* (Qualities): Sharp (*Tikshna*), light *(Laghu*) *Virya* (Potency): Heating (*Ushna*) *Vipaka* (Post-digestive Effect): Pungent (*Katu*) *Prabhava* (Specific action): Used externally for its analgesic properties; cautioned for internal use due to potential toxicity. *Karma- Arka (Calotropis gigantea): Kushtaghna, Kaphahara* - Effective in reducing skin inflammation and *Kapha* imbalance.	*Arka*[31] contains a) Cardenolides Calotropin, Calotoxin Helps reduce skin inflammation and combat infections commonly associated with eczema b) Triterpenoids Aid in repairing damaged skin and reducing oxidative stress. c) Flavonoids Quercetin- Reduce redness and irritation in inflamed skin d) Proteolytic enzymes Assist in cleansing wounds and exfoliation dead skin

13	*Saptparan*[32]	*Alstonia scholaris*	*Rasa* (Taste): Bitter (*Tikta*) *Guna* (Qualities): Light (*Laghu*), dry (*Ruksha)* *Virya* (Potency): Heating (*Ushna)* *Vipaka* (Post-digestive Effect): Pungent (*Katu)* *Prabhava* (Specific Action): Antipyretic *Karma- Saptaparn* (*Alstonia scholaris*): *Kushtaghna, Raktashodhak* - Cleanses blood and treats chronic skin diseases.	*Saptparan*[33] contains 1. Alkaloids (Major Constituents) Echitamine, Scholaricine, Alstonine, Pseudoalstonine, Tabernaemontanine, Ditamine 2. Triterpenoids: α-amyrin, β-amyrin, Lupeol 3. Flavonoids: Quercetin, Kaempferol 4. Phenolic Compounds: Chlorogenic acid, Gallic acid 5. Saponins: Responsible for the plant's detergent-like properties. 6. Glycosides: Echitoside 7. Sterols: β-sitosterol 8. Other Constituents: Coumarins, Tannins
14	*Vatsanabh*[34]	*Aconitum ferox*	*Rasa* (Taste): Bitter (*Tikta*), astringent (*Kashaya)* *Guna* (Qualities): Light (*Laghu*), sharp (*Tikshna*) *Virya* (Potency): Heating (*Ushna)* *Vipaka* (Post-digestive Effect): Pungent (*Katu)* *Prabhava* (Specific action): Highly toxic; used in minute, purified doses for its potent analgesic and anti-inflammatory effects. *Karma-Vatsanabha* (*Aconitum ferox*): *Deepana, Kustaghna* – Detoxifies and balances *Doshas* in skin disease.	*Vatsanabh*[35] contains 1. Alkaloids (Main Active Constituents): Aconitine: A potent neurotoxin and analgesic. Hypaconitine: A derivative with anti-inflammatory properties. Mesaconitine: Less toxic than aconitine but retains pharmacological activity. Atisine: Known for anti-inflammatory and wound-healing properties. Delphinine: Contributes to its analgesic and antimicrobial effects. 2. Flavonoids: Provide antioxidant and anti-inflammatory effects, promoting skin healing and reducing oxidative stress. 3. Tannins: Contribute to astringent and wound-healing properties. 4. Essential Oils and Resin: Have antimicrobial and skin-soothing effects. 5. Polysaccharides: Aid in skin hydration and barrier repair

15	*Sarshap*[36]	*Brassica compestris*	1. *Rasa* (Taste): Pungent (*Katu*). 2. *Guna* (Qualities): Light (*Laghu),* sharp (*Tikshna*), dry (*Ruksha)* 3. *Virya* (Potency): Heating (*Ushna*). 4. *Vipaka* (Post-digestive Effect): Pungent (*Katu)*. 5. *Prabhava* (Specific Action): *Kapha hara* (reduces *Kapha),* clears blockages, and enhances digestion. Effective in treating joint pain, respiratory conditions (like asthma and cough), and skin disorders when used externally or internally in appropriate doses. *Karma- Sarshap* (*Brassica campestris*)*: Kaphaghna, Kushtaghna* – Reduces *Kapha* and treats skin disorders.	*Sarshap*[37] contains 1. Essential Oil (Mustard Oil) Allyl isothiocyanate: Major pungent compound with antimicrobial properties. Sinigrin: A glucosinolate that breaks down to allyl isothiocyanate. Oleic acid: Monounsaturated fatty acid. Linoleic acid: Polyunsaturated omega-6 fatty acid. Erucic acid: Long-chain monounsaturated fatty acid. 2. Glucosinolates Sinigrin, Gluconapin, Glucotropaeolin 3. Flavonoids Kaempferol, Quercetin 4. Phenolic Compounds Caffeic acid, Ferulic acid 5. Alkaloids: Minor alkaloids contributing to bioactivity. 6. Proteins: High-quality plant proteins found in the seeds. 7. Vitamins: Vitamin A, C, and K in the leaves. Vitamin E in the oil. 8. Minerals Calcium, magnesium, phosphorus, potassium, iron 9. Enzymes Myrosinase: Hydrolyzes glucosinolates to produce bioactive isothiocyanates.
16	*Gomutra*[38]	Cow urine	*Rasa* (Taste): *Gomutra* is typically described as bitter (*Tikta*) and pungent *(Katu*). *Guna* (Quality): It is considered light *(Laghu)* and dry *(Ruksha*). *Veerya* (Potency)*: Gomutra* is regarded as heating (*Ushna*). *Vipaka* (Post-digestive effect): It is believed to have a pungent *(Katu)* post-digestive effect. *Prabhava* (Specific action): *Gomutra* is known for its detoxifying properties, aiding in the elimination of toxins (*Ama*) from the body. *Karma- Gomutra* (Cow urine): *Kaphahara, Krimighna* – Detoxifies the body and balances *Kapha*	*Gomutra*[39] contains 1. Water (Major Component) *Gomutra* consists of approximately 95–96% water, which helps in detoxification and hydration. 2. Urea: Present in significant quantities (2.5–3%). Urea contributes to its diuretic and antimicrobial properties. 3. Minerals Sodium, potassium, phosphorus calcium, magnesium, sulphur 4. Volatile and non-volatile organic compounds phenols aldehydes ketones, fatty acids

				5. Nitrogenous compounds uric acid, creatinine, hippuric acid 6. Enzymes Urease: Aids in urea breakdown. 7. Hormones Gonadotropins, growth factors 8. Vitamins Vitamin A, Vitamin C, B-complex vitamins (e.g., B2, B3, B6) 9. Bioactive Compounds Carbolic acid (antiseptic properties) Cresol (disinfectant properties) Ammonia (antimicrobial activity) 10. Antioxidants Anti-oxidative enzymes and compounds that scavenge free radicals.

DISCUSSION

The conceptual study of *Vicharchika* through the application of *Visha Taila* underscores its relevance as a traditional Ayurvedic remedy for chronic eczema. *Vicharchika*, resulting from imbalances in *Kapha* and *Pitta Doshas,* manifests with symptoms like intense itching, inflammation, and discharge, leading to significant discomfort. The polyherbal composition of *Visha Taila* provides a multi-pronged approach for addressing these symptoms.

Therapeutic Role of Ingredients

1. *Tagar* (*Valeriana jatamansi), Kaner* (*Nerium indicum*), and *Vacha* (*Acorus calamus*): These herbs exhibit anti-inflammatory and antimicrobial properties, helping to reduce swelling, itching, and secondary infections.
2. *Kustha* (*Saussurea lappa*) and *Aparajita* (*Clitoria ternatea*): Known for their blood-purifying and skin-regenerative effects, they aid in detoxifying the skin and reducing discoloration.
3. *Manjistha* (*Rubia cordifolia*) and *Raktachandan* (*Pterocarpus santalinus*): These herbs promote detoxification, improve blood circulation, and enhance the complexion of affected skin.
4. *Haldi* (*Curcuma longa*) and *Daruharidra* (*Berberis aristata*): Their potent anti-inflammatory and antibacterial actions accelerate wound healing and soothe irritated skin.
5. *Arka* (*Calotropis procera*) and *Nirgundi* (*Vitex negundo*): These herbs reduce itching and inflammation, improving skin texture and providing symptomatic relief.
6. *Vatsanabh* (*Aconitum ferox*): When used in minute quantities, it acts as a potent detoxifier and pacifies aggravated Doshas.
7. *Chameli* (*Jasminum officinale*): *Chameli* soothes skin irritations and enhances the overall therapeutic effect of the formulation.
8. *Saptaparna* (*Alstonia scholaris*): Known for its antipruritic and detoxifying properties, it helps alleviate itching and improves skin health.
9. *Gomutra* (Cow's urine) and *Sarshap* (*Brassica campestris*): These components enhance the bioavailability of the active ingredients, providing a medium for deeper penetration and detoxification.
10. *Kaner* (*Nerium indicum*): Known for its detoxifying and anti-pruritic actions, *Kaner* alleviates itching and promotes skin regeneration.

Mechanism of Action

The *Visha Taila* formulation functions by targeting the *Dosha* imbalances that underlie *Vicharchika*. Anti-inflammatory agents reduce redness and swelling, while blood-purifying herbs eliminate toxins from the body. The lipid base of the oil ensures deep penetration into the skin, delivering the active compounds directly to the affected tissues. Together, these ingredients provide symptomatic relief and prevent recurrence by addressing the root cause of the disorder.

Advantages of *Visha Taila*

The holistic approach of *Visha Taila* not only alleviates symptoms but also restores skin health and balances systemic *Doshas*. Its topical application is

non-invasive, making it a preferred choice for patients with chronic conditions like eczema.

Limitations and Future Scope

Despite its promising properties, the potential toxicity of certain ingredients like *Vatsanabh* and *Kaner* necessitates careful formulation and dosage standardization. Further clinical studies and pharmacological research are needed to validate the efficacy and safety of *Visha Taila.*

CONCLUSION

The application of *Visha Taila* offers a comprehensive Ayurvedic approach to managing *Vicharchika*. Its multi-herbal composition addresses both symptoms and the root causes of eczema by balancing *Kapha* and *Pitta Doshas*, detoxifying the body, and promoting skin healing. While traditional use and textual references highlight its efficacy, modern research and clinical validation are essential for broader acceptance and application. Standardization of ingredients, dosage, and formulation will further enhance its therapeutic potential and ensure safety. Thus, *Visha Taila* emerges as a promising remedy for chronic skin disorders in alignment with Ayurvedic principles.

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***Address for correspondence**
Dr. Archana Sharma
PG Scholar,
PG Department Agad Tantra Avum Vidhi Vaidyaka,
Madan Mohan Malviya Govt. Ayurved College Udaipur, Rajasthan.
Email:
archanasharma.bams@gmail.com

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